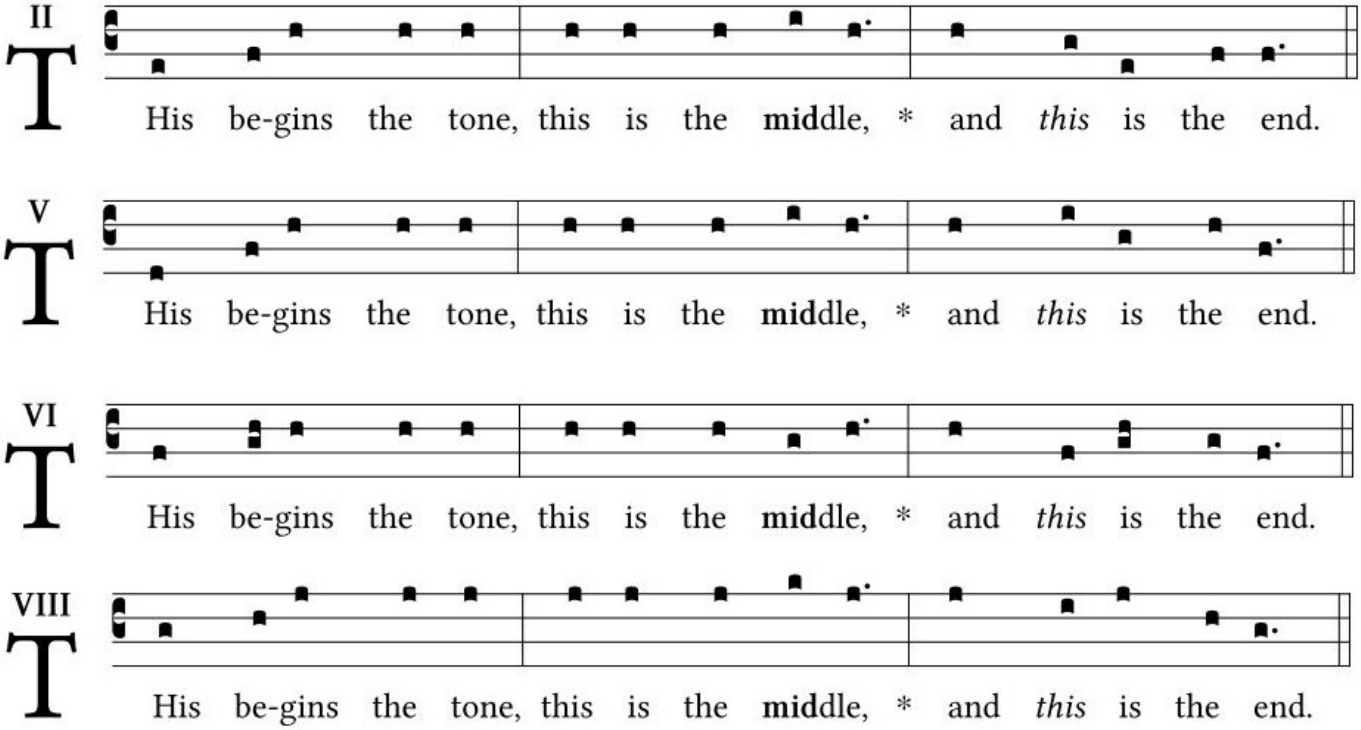
Week II

Psalms

Tones


II
His be-gins the tone, this is the middle, * and this is the end.
V
His be-gins the tone, this is the middle, * and this is the end.
VI
His be-gins the tone, this is the middle, * and this is the end.
VIII
His be-gins the tone, this is the middle, * and this is the end.

Monday

Psalm 42

Longing for the Lord's presence in his Temple

Let all who thirst come; let all who desire it drink from the life-giving water (Revelation 22:17)

Cantor: When will I come to the end of my pilgrimage and enter the *pre*sence of God?
Eastertide: As a deer longs for flowing streams, so my soul longs *for* you, my God, *Al*leluia.

East Choir: Like the deer **that** yearns *
for running streams,
so my soul is **year**ning *
for you, my God.
Antiphon

West Choir: My soul is thirsting **for** God, *
the living God;
when can I enter and **ap**pear *
before *the* face of God?
Antiphon

East Choir: My tears have become **my** bread, *
by day, by night,
as they say to me all the **day** long, *
"*Where* is your God?"
Antiphon

West Choir: These things will I re**mem**ber *
as I *pour* out my soul:
For I would go to **the** place *
of *your* wondrous tent,
all the way to the house **of** God, *
amid cries of gladness and thanksgiving,
the throng keeping joy*ful* festival.
Antiphon

East Choir: Why are you cast down, **my** soul; *
why *groan* within me?
Hope in God; I will praise him yet **a**gain, *
my saving pre*sence* and my God.
Antiphon

West Choir: My soul is cast down with**in** me, *
therefore I *re*member you
from the land of Jordan and Mount **Her**mon, *
from the *Hill* of Mizar.
Antiphon

East Choir: Deep is calling **on** deep, *
in the roar *of* your torrents;
your billows and all **your** waves *
swept over me.
Antiphon

West Choir: By day the LORD **de**crees *
his *mer*ciful love;
by night his song is **with** me, *
prayer to the *God* of my life.
Antiphon

East Choir: I will say to God, **my** rock, *
"Why have you *for*gotten me?
Why do I go **mour**ning *
op*pressed* by the foe?"
Antiphon

West Choir: With a deadly wound in **my** bones, *
my ene*mies* revile me,
saying to me all the **day** long, *
"*Where* is your God?"
Antiphon

East Choir: Why are you cast down, **my** soul; *
why *groan* within me?
Hope in God; I will praise him yet **a**gain, *
my saving pre*sence* and my God.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Father in heaven, when your strength takes possesssion of us we no lon**ger** say: Why are you *cast* down, my soul? So now that the surging waves of your indignation have passed over us, let us feel the healing calm of *your* forgiveness. Inspire us to yearn for you always, like the deer for running streams, until you satisfy every long*ing* in heaven.

Full Choir: When will I come to the end of my pilgrimage and enter the *pre*sence of God?
Eastertide: As a deer longs for flowing streams, so my soul longs *for* you, my God, *Al*leluia.

Sirach 36:1-5,10-13
Prayer of entreaty for the holy city, Jerusalem
This is eternal life: to know you, the one true God, and Jesus Christ whom you have sent (John 17:3)

Cantor: Lord, show us the radiance *of* your mercy.
Eastertide: Fill Zion with your prai**ses**, Lord, * and let your won*ders* be proclaimed, *al*leluia.

East Choir: Come to our aid, O God of the u**ni**verse, *
and put all the nations *in* dread of you!
Raise your hand against the **heath**en, *
that they may rea*lize* your power.

West Choir: As you have used us to show them your ho**li**ness, *
so now use them to show *us* your glory.
Thus they will know, as **we** know, *
that there is *no* God but you.

East Choir: Give new signs and work new **won**ders; *
show forth the splendor of your *right* hand and arm.

Gather all the tribes of **Ja**cob, *
that they may inherit the *land* as of old.

West Choir: Show mercy to the people called by **your** name, *
Israel, whom you *named* your first-born.
Take pity on your holy **ci**ty, *
Jerusalem, *your* dwelling place.
Fill Zion with your ma**jes**ty, *
your temple *with* your glory.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Full Choir: Lord, show us the radiance *of* your mercy.
Eastertide: Fill Zion with your prai**ses**, Lord, * and let your won*ders* be proclaimed, *al*leluia.

Psalm 19a

Praise the Lord, Creator of all

The dawn from on high shall break upon us...to guide our feet into the way of peace (Luke 1:78,79)

Cantor: The vaults of heaven ring with *your* praise, O Lord.
Eastertide: The glory of God illumines the **ci**ty; * the Lamb of *God* is its light, *al*leluia.

East Choir: The heavens declare the glory **of** God, *
and the firmament proclaims the *work* of his hands.
Day unto day conveys the **mes**sage, *
and night unto night im*parts* the knowledge.
Antiphon

West Choir: No speech, no word, whose voice goes un**hee**ded; *
their sound goes forth through all the earth,
their message to the utmost *bounds* of the world.
Antiphon

East Choir: There he has placed a tent for **the** sun; *
it comes forth like a bridegroom coming from his tent,
rejoices like a champion *to* run his course.
Antiphon

West Choir: At one end of the heavens is the rising of **the** sun; *
to its furthest end it runs its course.
There is nothing concealed from *its* burning heat.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: To enlighten the world, Father, you sent to us your Word as the sun of truth and justice shining *u*pon mankind. Illumine our eyes that we maydiscern your glory in the many *works* of your hand.

Full Choir:
Lord, show us the radiance *of* your mercy.
Eastertide: Fill Zion with your prai**ses**, Lord, * and let your won*ders* be proclaimed, *al*leluia.

Tuesday

Psalm 43
Longing for the Temple
I have come into the world to be its light (John 12:46)

Cantor: Lord, send forth your *light* and your truth.
Eastertide: You have come to Mount Zion and to the city of the li**ving** God, * *al*leluia.

East Choir: Give me justice, O God, and plead **my** cause *
against a nation *that* is faithless.
From the deceitful and the **cun**ning *
res*cue* me, O God.
Antiphon

West Choir: You, O God, are **my** strength; *
why have you *re*jected me?
Why do I go **mour**ning, *
op*pressed* by the foe?
Antiphon

East Choir: O send forth your light and **your** truth; *
they *will* guide me on.
They will bring me to your holy **moun**tain, *
to the *place* where you dwell.
Antiphon

West Choir: And I will come to the altar **of** God, *
to God, my *joy* and gladness.
To you will I give thanks on **the** harp, *
O God, my God.
Antiphon

East Choir: Why are you cast down, **my** soul; *
why *groan* within me?
Hope in God; I will praise him yet **a**gain, *
my saving pre*sence* and my God.

Glory be to the Father and to the Son and to the Holy **Spi**rit, *
Full Choir: as it was in the beginning is now,
(profound bow) and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Almighty Father, source of everlasting light, send forth your truth into our hearts and pour over us the bright*ness* of your light.

Full Choir: Lord, send forth your *light* and your truth.
Eastertide: You have come to Mount Zion and to the city of the li**ving** God, * *al*leluia.

Isaiah 38:10-14,17-20
Anguish of a dying man and joy in his restoration
I am living, I was dead..and I hold the keys of death (Revelation 1:17-18)

Cantor: Lord, keep us safe all the *days* of our life.
Eastertide: Lord, you have preserved my life from destruction, *al*leluia.

East Choir: Once I said, "In the noontime of life I must **de**part! *
To the gates of the nether world I shall be consigned
for the *rest* of my years."

West Choir: I said, "I shall see the Lord **no** more *
in the land of the living.
No longer shall I behold my fel**low** men *
among those who *dwell* in the world."

East Choir: My dwelling, like a she**pherd's** tent, *
is struck down and borne away from me;
you have folded up my life, like a **wea**ver *
who se*vers* the last thread.

West Choir: Day and night you give me over to **tor**ment; *
I cry out *un*til the dawn.
Like a lion he breaks all **my** bones; *
day and night you give me o*ver* to torment.

East Choir: Like a swallow I utter **shrill** cries; *
I *moan* like a dove.
My eyes grow weak, gazing hea**ven**-ward: *
O Lord, I am in straits; *be* my surety!

West Choir: You have preserved **my** life *
from the pit *of* destruction,
when you cast behind **your** back *
all of my sins.

East Choir: For it is not the nether world that gives **you** thanks, *
nor death *that* praises you;
neither do those who go down into **the** pit *
a*wait* your kindness.

West Choir: The living, the living give **you** thanks, *
as *I* do today.
Fathers declare to **their** sons, *
O God, *your* faithfulness.

East Choir: The Lord is our **sa**vior; *
we shall sing to *stringed* instruments
in the house of **the** Lord *
all the *days* of our life.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Full Choir: Lord, keep us safe all the *days* of our life.
Eastertide: Lord, you have preserved my life from destruction, *al*leluia.

Psalm 65

Solemn thanksgiving

Zion represents heaven (Origen)

Cantor: To you, O God, our praise is *due* in Zion.
Eastertide: You have visited the earth and brought life-giving rain to fill it with **plen**ty, * *al*leluia.

East Choir: Praise is due **to** you *
in *Si*on, O God.
To you we pay our vows in Jeru**sa**lem, *
you *who* hear our prayer.
Antiphon

West Choir: To you all flesh **will** come. *
Our evil deeds are too heavy for us,
but our transgressions *you* wipe away.
Antiphon

East Choir: Blessed is he whom you choose **and** call *
to *dwell* in your courts.
We are filled with the good things of **your** house, *
of your *ho*ly temple.
Antiphon

West Choir: With wondrous deliverance you an**swer** us, *
O *God* our savior.
You are the hope of all **the** earth, *
and of *far* distant isles.
Antiphon

East Choir: You establish the mountains with **your** strength; *
you are gir*ded* with power.
You still the roaring of **the** seas, *
the roaring of their waves,
and the tumult *of* the peoples.
Antiphon

West Choir: Distant peoples stand **in** awe *
at *your* wondrous deeds.
The lands of sunrise and **sun**set *
you *fill* with your joy.
Antiphon

East Choir: You visit the earth, give it **wa**ter; *
you fill *it* with riches.
God's ever-flowing river brims **o**ver *
to *pre*pare the grain.
Antiphon

West Choir: And thus you provide for **the** earth: *
you *drench* its furrows;
you level it, soften it with **show**ers; *
you bless its growth.
Antiphon

East Choir: You crown the year with your **boun**ty. *
Abundance flows in your pathways;
in pastures of the *de*sert it flows.
Antiphon

West Choir: The hills are girded **with** joy, *
the mea*dows* clothed with flocks.
The valleys are decked **with** wheat. *
They shout for *joy*; yes, they sing!

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Lord God, hope of all the earth, hear the humble prayer of your children as we *sing* your praises. Pour out your Spirit on us so that our lives may bear fruit *a*bundantly.

Full Choir: To you, O God, our praise is *due* in Zion.
Eastertide: You have visited the earth and brought life-giving rain to fill it with **plen**ty, * *al*leluia.

Wednesday

Psalm 77
Recalling God's works
We suffer all kinds of afflictions and yet are not overcome (2 Corinthians 4:8)

Cantor: O God, all your ways are **ho**ly; * what god can com*pare* with our God?
Eastertide: The waters saw you, O God; you led your peo*ple* through the sea, *Al*leluia.

East Choir: I cry aloud **to** God, *
cry aloud to God that *he* may hear me.
Antiphon

West Choir: In the day of my distress I seek **the** LORD. *
In the night my hands are raised unwearied;
my soul re*fus*es comfort.
As I remember my God, **I** groan. *
I ponder, and *my* spirit faints.
Antiphon

East Choir: You keep my eyes from **clo**sing. *
I am troubled, un*ab*le to speak.
I think of the days of long **a**go, *
and remember *the* years long past.
At night I muse within **my** heart. *
I ponder, and my *spi*rit questions.
Antiphon

West Choir: "Will the LORD reject us for**e**ver? *

Will he show us his *fa*vor no more?
Has his mercy vanished for**e**ver? *
Has his promise *come* to an end?
Has God forgotten his **mer**cy, *
or in anger withdrawn *his* compassion?"
Antiphon

East Choir: I said, "This is what causes **my** grief: *
that the right hand of the *Most* High has changed."
I remember the deeds of **the** LORD, *
I remember your *won*ders of old;
I muse on all **your** works, *
and ponder *your* mighty deeds.
Antiphon

West Choir: Your way, O God, is in the ho**ly** place. *
What god is as *great* as our God?
You are the God who works **won**ders. *
Among the peoples you *showed* your power.
Your strong arm redeemed your **peo**ple, *
the descendants of Ja*cob* and Joseph.
Antiphon

East Choir: The waters saw you, **O** God, *
the waters saw *you* and anguished.
Yes, the depths were moved to **trem**ble. *
The clouds *poured* down with rain.
The skies sent forth **their** voice; *
Your arrows *flashed* to and fro.
Antiphon

West Choir: Your thunderous voice was in the whir**l**wind; *
your flashes ligh*ted* up the world.
The earth was moved and **trem**bled. *
Your way *was* through the sea,
your path through the mighty **wa**ters, *
but the trace of your *steps* was not seen.
Antiphon

East Choir: You guided your people like **a** flock *
by the hand of Mo*ses* and Aaron.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Father, you established your ancient covenant by signs and wonders, but more wondrously you confirmed the new one through the sacri*fice* of your Son. Guide your Church through the pathways of life, that we may be led to the land of promise and celebrate your name *with* lasting praise.

Full Choir: O God, all your ways are **ho**ly; * what god can com*pare* with our God?
Eastertide: The waters saw you, O God; you led your peo*ple* through the sea, *Al*leluia.

1 Samuel 2:1-10

The humble find joy in God

He has cast down the mighty from their thrones and has lifted up the lowly. He has filled the hungry with good things (Luke 1:52-53)

Cantor: My heart leaps up with joy to **the** Lord, * for he humbles only *to* exalt us.
Eastertide: The Lord puts to death and *rai*ses to life, *Al*leluia.

East Choir: My heart exults in **the** Lord, *
my horn is exal*ted* in my God.

West Choir: I have swallowed up my e**ne**mies; *
I rejoice in *my* victory.
There is no Holy One like **the** Lord; *
there is no *Rock* like our God.

East Choir: Speak boastfully no **lon**ger, *
nor let arrogance is*sue* from your mouths.
For an all-knowing God is **the** Lord, *
a God *who* judges deeds.

West Choir: The bows of the mighty are **bro**ken, *
while the totte*ring* gird on strength.
The well-fed hire themselves out **for** bread, *
while the hungry bat*ten* on spoil.
The barren wife bears se**ven** sons, *
while the mother of ma*ny* languishes.

East Choir: The Lord puts to death and **gives** life; *
he casts down to the nether world;
he rai*ses* up again.
The Lord makes poor and **makes** rich, *
he humbles, he *al*so exalts.

West Choir: He raises the needy from **the** dust; *
from the ash heap he *lifts* up the poor,
to seat them with **no**bles *
and make a glorious throne *their* heritage.

East Choir: For the pillars of the earth are **the** Lord's, *
and he has set the *world* upon them.
He will guard the footsteps of his faith**ful** ones, *
but the wicked shall perish *in* the darkness.
For not by strength does man **pre**vail; *
the Lord's foes *shall* be shattered.

West Choir: The Most High in heaven **thun**ders; *
the Lord judges the *ends* of the earth.
Now may he give strength to **his** king *
and exalt the horn of *his* anointed!

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Full Choir: My heart leaps up with joy to **the** Lord, * for he humbles only *to* exalt us.
Eastertide: The Lord puts to death and *rai*ses to life, *Al*leluia.

Psalm 97

The glory of the Lord in his decrees for the world

This psalm foretells a world-wide salvation and that peoples of all nations will believe in Christ. (St. Athanasius)

Cantor: The Lord is King, let *the* earth rejoice.
Eastertide: A light has dawned for the just; joy has come to the *up*right of heart, *Al*leluia.

East Choir: The LORD is king, let earth **re**joice; *
let the many *is*lands be glad.
Cloud and darkness sur**round** him; *
justice and right are the founda*tion* of his throne.
Antiphon

West Choir: A fire prepares **his** path; *
it burns up his foes *on* every side.
His lightnings light up **the** world; *
the earth looks *on* and trembles.
Antiphon

East Choir: The mountains melt **like** wax *
before the face of the LORD,
before the face of the LORD *of* all the earth.
The skies proclaim his **jus**tice; *
all peoples *see* his glory.
Antiphon

East Choir: Let those who serve idols be **a**shamed, *
those who boast of *their* worthless gods.
All you angels, wor**ship** him. *
Sion *hears* and is glad;
the daughters of Judah **re**joice *
because of your *judg*ments, O LORD.
Antiphon

West Choir: For you indeed are **the** LORD, *
most high above all the earth,
exalted far *a*bove all gods.
Antiphon

East Choir: The LORD loves those who hate **e**vil; *
he guards the souls of his faithful;
he sets them free *from* the wicked.
Antiphon

West Choir: Light shines forth for the **just** one, *
and joy for the *up*right of heart.
Rejoice in the LORD, **you** just; *
to the memory of his ho*li*ness give thanks.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Father, you clothe the sky with light and the depths of the o*cean* with darkness. Among the sons of men you work wonders, and rain terror upon *the* enemy. Look upon your servants. Do not try us by fire but bring us rejoicing to the shel*ter* of your home.

Full Choir: The Lord is King, let *the* earth rejoice.
Eastertide: A light has dawned for the just; joy has come to the *up*right of heart, *Al*leluia.

Thursday

Psalm 80
Lord, come take care of your vineyard
Come, Lord Jesus (Revelation 22:20)

Cantor: Stir up your mighty power, Lord; *come* to our aid.
Eastertide: I am the vine; you *are* the branches, *al*leluia.

East Choir:

O shepherd of Israel, **hear** us, *
you who lead Jo*seph* like a flock:
enthroned on the cherubim, **shine** forth *
upon Ephraim, Benjamin, Manasseh.
Rouse up your might and *come* to save us.
Antiphon

West Choir: O God, bring **us** back; *
let your face shine on us, and *we* shall be saved.

East Choir: How long, O LORD, God **of** hosts, *
will you be angry at the prayer *of* your people?
You have fed them with tears for **their** bread, *
an abundance of *tears* for their drink.
You have made us the taunt of our **neigh**bors; *
our foes mock us *a*mong themselves.
Antiphon

West Choir: O God of hosts, bring **us** back; *
let your face shine forth, and *we* shall be saved.

East Choir: You brought a vine out of **E**gypt; *
you drove out the nations and planted it.
Before it you cleared **the** ground; *
it took root *and* filled the land.
Antiphon

West Choir: The mountains were covered with its **sha**dow, *
the cedars of *God* with its boughs.
It stretched out its branches to **the** sea; *
to the River it *stretched* out its shoots.
Antiphon

East Choir: Then why have you broken down **its** walls? *

It is plucked by all who *pass* by the way.
It is ravaged by the boar of the **for**est, *
devoured by the *beasts* of the field.
Antiphon

West Choir: God of hosts, turn again, we **im**plore;
look down from *hea*ven and see.

East Choir: Visit this vine and pro**tect** it, *
the vine your right hand has planted,
the son of man you have *claimed* for yourself.
They have burnt it with fire and cut **it** down. *
May they perish at the *frown* of your face.
Antiphon

West Choir: May your hand be on the man at your **right** hand, *
the son of man you have con*firmed* as your own.
And we shall never forsake you **a**gain; *
give us life that we may call *u*pon your name.
Antiphon

East Choir: O LORD God of hosts, bring **us** back; *
let your face shine forth, and *we* shall be saved.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Lord God, eternal shepherd, you so tend the vineyard you planted that now it extends its branches even to the farth**est** coast. Look down on your Church and come to us. Help us remain in your Son as branches on the vine, that, planted firmly in your love, we may testify before the whole world to your great power wor*king* everywhere.

Full Choir: Stir up your mighty power, Lord; *come* to our aid.
Eastertide: I am the vine; you *are* the branches, *al*leluia.

Isaiah 12:1-6

Joy of God's ransomed people

If anyone thirsts, let him come to me and drink (John 7:37)

Cantor: The Lord has worked marvels **for** us; * make it known to the *ends* of the world.
Eastertide: Rejoicing, you will draw water from the wellsprings *of* the Savior, *al*leluia.

East Choir: I give you thanks, **O** Lord; *
though you have been angry with me,
your anger has abated, and you *have* consoled me.

West Choir: God indeed is my **sa**vior; *
I am confident *and* unafraid.
My strength and my courage is **the** Lord, *
and he has *been* my savior.

East Choir: With joy you will draw **wa**ter *

at the fountain of salvation, and *say* on that day:
Give thanks to the Lord, acclaim **his** name; *
among the nations make known his deeds,
proclaim how exal*ted* is his name.

West Choir: Sing praise to the Lord for his glorious a**chieve**ment; *
let this be known through*out* all the earth.

East Choir: Shout with exultation, O city of **Zi**on, *
for great in your midst
is the Holy One *of* Israel!

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning, is now, and ever shall be,
world with*out* end. Amen. (Eastertide: *Al*leluia.)

Full Choir: The Lord has worked marvels **for** us; * make it known to the *ends* of the world.
Eastertide: Rejoicing, you will draw water from the wellsprings *of* the Savior, *al*leluia.

Psalm 81

Solemn renewal of the Covenant

See that no one among you has a faithless heart (Hebrews 3:12)

Cantor: Ring out your joy *to* God our strength.
Eastertide: The Lord has fed us with *the* finest wheat, *al*leluia.

East Choir: Sing joyfully to God **our** strength, *
shout in triumph to the *God* of Jacob.
Raise a song and sound the **tim**brel, *
the sweet-sounding *harp* and the lute;
blow the trumpet at the **new** moon, *
when the moon is *full*, on our feast.
Antiphon

West Choir: For this is a statute in Is**ra**el, *
a command of the *God* of Jacob.
He made it a decree for **Jo**seph, *
when he went out from the *land* of Egypt.
Antiphon

East Choir: A voice I did not know said **to** me: *
"I freed your shoulder *from* the burden;
your hands were freed from the builder's **bas**ket. *
You called in distress and I *de*livered you.
Antiphon

West Choir: I answered, concealed in the **thun**der; *
at the waters of Meribah *I* tested you.
Listen, my people, as I **warn** you. *
O Israel, if on*ly* you would heed!
Antiphon

East Choir:
Let there be no strange god a**mong** you, *
nor shall you worship *a* foreign god.
I am the LORD **your** God, *

who brought you up from the land of Egypt.
Open wide your mouth, and *I* will fill it.
Antiphon

West Choir: But my people did not heed **my** voice, *
and Israel would *not* obey me.

East Choir: So I left them in their stubbornness **of** heart, *
to follow *their* own designs.

West Choir: O that my people would **heed** me, *
that Israel would *walk* in my ways!
At once I would subdue **their** foes, *
turn my hand against *their* enemies.
Antiphon

East Choir: Those who hate the LORD would cringe be**fore** him, *
and their subjection would *last* forever.
But Israel I would feed with fin**est** wheat, *
and satisfy with ho*ney* from the rock."

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit, *
(profound bow) as it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Lord God, open our mouths to proclaim your **glo**ry. Help us to leave sin behind and to rejoice in pro*fes*sing your name.

Full Choir: Ring out your joy *to* God our strength.
Eastertide: The Lord has fed us with *the* finest wheat, *al*leluia.

Friday

Psalm 51
O God, have mercy on me
Your inmost being must be renewed, and you must put on the new man. (Ephesians 4:23-24)

Cantor: A humble, contrite heart, O God, *you* will not spurn.
Eastertide: Have courage, my son; your *sins* are forgiven, *Al*leluia.

East Choir: Have mercy on me, God, in your **kind**ness. *
In your compassion blot *out* my offense.
O wash me more and more from **my** guilt *
and cleanse *me* from my sin.
Antiphon

West Choir: My offenses truly I **know** them; *
my sin is al*ways* before me.
Against you, you alone, have **I** sinned; *
what is evil in your *sight* I have done.
Antiphon

East Choir: That you may be justified when you give **sen**tence *
and be without re*proach* when you judge.
O see, in guilt I **was** born, *
a sinner *was* I conceived.
Antiphon

West Choir: Indeed you love truth in **the** heart; *
then in the secret of my heart *teach* me wisdom.
O purify me, then I shall **be** clean; *
O wash me, I shall be *whi*ter than snow.
Antiphon

East Choir: Make me hear rejoicing and **glad**ness, *
that the bones you have *crushed* may revive.
From my sins turn away **your** face *
and blot *out* all my guilt.
Antiphon

West Choir: A pure heart create for me, **O** God, *
put a steadfast spi*rit* within me.
Do not cast me away from your **pre**sence, *
nor deprive me of your *ho*ly spirit.
Antiphon

East Choir: Give me again the joy of **your** help; *
with a spirit of fer*vor* sustain me,
that I may teach transgressors **your** ways *
and sinners may *re*turn to you.
Antiphon

West Choir: O rescue me, God, my **hel**per, *
and my tongue shall ring *out* your goodness.
O Lord, open **my** lips *
and my mouth shall *de*clare your praise.
Antiphon

East Choir: For in sacrifice you take no **de**light, *
burnt offering from me *you* would refuse,
my sacrifice, a contrite **spi**rit. *
A humbled, contrite heart *you* will not spurn.
Antiphon

West Choir: In your goodness, show favor to **Zi**on: *
rebuild the walls of *Jer*usalem.
Then you will be pleased with lawful sac**ri**fice, *
holocausts offered *on* your altar.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit. *
(profound bow) As it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: Father, he who knew no sin was made sin for us, to save us and restore us *to* your friendship. Look upon our contrite heart and afflicted sprit and heal our troubled

conscience, so that in the joy and strength of the Holy Spirit we may proclaim your praise and glory before *all* the nations.

Full Choir: A humble, contrite heart, O God, *you* will not spurn.
Eastertide: Have courage, my son; your *sins* are forgiven, *Al*leluia.

Habakkuk 3:2-4,13a,15-19
God comes to judge
Lift up your heads for your redemption is at hand (Luke 21:28)

Cantor: Even in your anger, Lord, you will remem*ber* compassion.
Eastertide: You go forth to save your people, to save your *a*nointed one, *Al*leluia.

East Choir: O Lord, I have heard your **re**nown, *
and feared, *O* Lord, your work.
In the course of the years re**vive** it, *
in the course of the years make it known;
in your wrath remem*ber* compassion!

West Choir: God comes from **Te**man, *
the Holy One *from* Mount Paran.
Covered are the heavens with his **glo**ry, *
and with praise *the* earth is filled.

East Choir: His splendor spreads like **the** light; *
rays shine forth from beside him,
where his pow*er* is concealed.
You come forth to save your **peo**ple, *
to save your *a*nointed one.

West Choir: You tread the sea with **your** steeds *
amid the churning of *the* deep waters.
I hear, and my body **trem**bles; *
at the sound, *my* lips quiver.
East Choir: Decay invades **my** bones, *
my legs trem*ble* beneath me.
I await the day of **dis**tress *
that will come upon the people *who* attack us.

West Choir: For though the fig tree blos**som** not *
nor fruit *be* on the vines,
though yield of the o**live** fail *
and the terraces produce *no* nourishment,

East Choir: Though the flocks disappear from **the** fold *
and there be no *herd* in the stalls,
yet will I rejoice in **the** Lord *
and exult in *my* saving God.

West Choir: God, my Lord, is **my** strength; *
he makes my feet swift as those of hinds
and enables me to go *u*pon the heights.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit. *

(profound bow) As it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Full Choir: Even in your anger, Lord, you will remem*ber* compassion.
Eastertide: You go forth to save your people, to save your *a*nointed one, *Al*leluia.

Psalm 147:12-20
The restoration of Jerusalem
Come, I will show you the bride of the Lamb (Revelation 21:9)

Cantor: O praise the Lord, *Je*rusalem!
Eastertide: Zion, give praise to your God; he has brought peace *to* your borders, *al*leluia.

East Choir: O Jerusalem, glorify **the** LORD! *
O Si*on*, praise your God!
He has strengthened the bars of **your** gates; *
he has blessed your child*ren* within you.
He established peace on your **bor**ders; *
he gives you your fill *of* finest wheat.
Antiphon

West Choir: He sends out his word to **the** earth, *
and swiftly *runs* his command.
He showers down snow **like** wool; *
he scatters hoar*frost* like ashes.
Antiphon

East Choir: He hurls down hailstones **like** crumbs; *
before such *cold*, who can stand?
He sends forth his word and it **melts** them; *
at the blowing of his breath *the* waters flow.
Antiphon

West Choir: He reveals his word to **Ja**cob; *
to Israel, his de*crees* and judgments.
He has not dealt thus with other **na**tions; *
he has not taught *them* his judgments.

Full Choir: Glory be to the Father and to the Son and to the Holy **Spi**rit. *
(profound bow) As it was in the beginning is now,
and ever shall be world with*out* end. Amen. (Eastertide: *Al*leluia.)

Cantor: With joy and gladness we cry out to you, Lord, and ask you: open our hearts to sing your praises and announce your goodness and truth.

Full Choir: O praise the Lord, *Je*rusalem!
Eastertide: Zion, give praise to your God; he has brought peace *to* your borders, *al*leluia.